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Health and Hygiene

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Health and Hygiene

The Home Medicine Cabinet

Although we do not like to dwell upon the event which may call for medical attention we must recognize the fact that there are times when a knowledge of first aid and adequate equipment are very valuable assets.

I wonder how many of us have ever stopped to think of the enemies which lie in wait for us as we go about our daily tasks. Every time we approach a stove there is Hot Iron, Open Flame or Steam ready to give us burning discomfort. When we cut bread or slice onions, Knife is apt to gash us. Stair floats over giving us bumps, not to mention Icy Walk or Runover Heel. Bacteria waits his chance to catch us off our guard. Are we ready to thwart these foes?

Yes, we are protected if we have our magic box and know the laws of first aid treatment. These boxes are not rare. I have one. You can buy or make one in a short time.

The first essential is a small white box, white because Bacteria fears spotless cleanliness. This box should be hung high or placed on a high shelf so no child can tamper with the family medicine cabinet. Never try to prevent access by locking, for who could ever find a key on a cold dark night or in an emergency. The hanging cabinet is most convenient as there is shelf room and every bottle has its own place to stand, while in an ordinary box there is bound to be confusion, like only to that one finds in a coed's dresser drawer.

If the cabinet is to be 100 percent efficient it should contain the following articles:

Our Enemy	Our Ally
Burn	Carbolated vaseline
Faint	Aromatic spirits of ammonia
Sprain, Bruise, Fatigue	Rubbing alcohol
Disease	Clinical thermometer
Sore Eye	Boric acid. 1tsp. to 1 pt. of boiling water.
Constipation	Castor oil. 1 to 2 tbsp.
Wounds	Mercurochrome or iodine. Sterilized gauze. Adhesive plaster. Absorbent cotton. Triangle bandage.
Poison	A good emetic is mustard. 1 tsp. in a glass of water.

Chill Mustard. 2 tsbp. in a tub of hot water.

Tooth ache Oil of cloves.

General equipment—Glass, Teaspoon, Scissors, Safety pins.

Here are some warnings concerning the use of this box.

1. Have everything labeled plainly, then read the label. Look at it three times before giving a dose of medicine. Once before removal from the shelf. Once before it is poured out. Again as the bottle is returned to the shelf.

2. Medicine prescribed for a specific illness should be destroyed after a cure is effected and not used later for others. It may have helped you but it may do more harm than good to another individual.

3. Never use iodine or mercurochrome near the eyes for blindness is a dear price to pay for this carelessness. Use a mild solution of boric acid or see a doctor.

4. Remember the fever thermometer registering a rise of temperature is a good indicator of the time to call a physician. That is why Disease fears the clinical thermometer.

5. Be sure the box is out of reach of the children.

This little box if properly used will unnerve the worst foe and give courage in time of emergency.

—Elizabeth Armstrong.

Health Habits of a College Girl

Note: This article was written as a term paper for a class in Hygiene.

A girl entering college for her first term enters into a new realm of life, where she finds many new circumstances and changes of living conditions. She must learn to adjust herself to a great variety of new things, new home life, new friends, new customs, new requirements, new methods of study and new subjects of study. Because of these conditions she must modify her health habits accordingly.

Health is the quality of life that renders one fit to live most and serve best. In order to have this quality of life, the college girl must learn to cultivate an appetite for the food she gets at mealtime and not rich sweets and food in between meals. She should choose a good diet that supplies just enough calories. Twenty-one hundred to twenty-four hundred calories are considered an average number for a college girl. Some of the most important eating habits are: eat a well balanced breakfast every morning; drink at least one glass of milk at

each meal, getting the fourth glass in the preparation of foods; eat two different vegetables besides potatoes each day; eat some food that requires a good deal of mastication; drink four to six glasses of water daily; eat slowly; eat one kind of fruit daily; be cheerful at mealtimes; eat three meals daily, according to a regular schedule. It is the kind, the amount of food, and when we eat it that determines our health now and in the future. Our body is a machine and it will soon be worn out unless these rules in fueling are carried out.

Cleanliness deserves capital letters as one of the essential habits on the road to health and beauty. The bath, the care of the face, teeth, hands and feet, the shining hair and clean scalp, the attention given to clothes, the clean stockings and fresh handkerchiefs are the high points in cleanliness.

A cool sponge or shower bath should be taken every morning upon rising and a warm cleansing bath at least twice a week. A good mild soap is the best to use. The hands should be washed before eating and after going to the toilet. They should be kept smooth and the nails manicured carefully. It is very important that the college girl pay a good deal of attention to her feet because she has to use them so much. She should wear low heeled, comfortable shoes, wash her feet daily and wear clean hose. Her feet should be kept dry and warm in bad weather by rubbers or galoshes.

What college girl does not try to find and form the best habits for the care of her face? But there is one thing she most generally overlooks and that is the effect of cosmetics on the healthy skin. Care should be taken to use only the best and then use them in moderation. It is best to cleanse the face twice daily, once with warm water and soap and again with a good cleansing cream. If this is done it will become a satisfying and gratifying night and morning habit.

The college girl should not forget when she last shampooed her hair, but systematize the washing. Every ten days or two to three weeks the hair should be washed, depending upon the texture of the hair and the condition of the scalp. She should give it daily attention by brushing, massaging the scalp, by using clean and individual combs and brushes. Only sanitary barber and beauty shops should be patronized.

The teeth as well as the body should have a periodic examination. Twice a year is not too often to have an examination of the teeth. The teeth ought to be

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you may simply pad it well and get a smooth contour in that way. A few tacks, a large needle and some coarse thread will help hold the padding in place. Don't overstuff it, but use just enough padding to cover the sharp edges of the wood and fill in the hollows. An old comforter, cut in pieces, is easy to manage and makes a good padding.

You are now ready for your lovely material, your tape line, your scissors. Just one word of warning, make generous allowances for all seams and tuck-ins. After you have cut the pieces for the back, sides, arms and seat, you can turn them wrong side out and pin the seams, fitting the slip cover to the padded chair just as you would fit a dress. After all the seams are pinned, remove from the chair, baste and try on again before stitching. The slip cover should not fit too snugly. A loose cushion in the seat of the chair not only adds to its appearance and comfort, but saves strain on the slip cover and helps keep it in place.

Our Aluminum Cooking Utensils

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judge would say, "the evidence is not all in and therefore a decision cannot be rendered." But for the present it would seem that we may summarize thus: we ingest more or less of the aluminum compounds in our foods daily, that they are apparently absorbed and also excreted, that in the quantities likely to be ingested in the course of normal nutrition,

they are harmless, whereas if ingested in excessive amounts or introduced into the body by injection they may cause disturbances in proportion to the method, dosage and technic employed.

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washed twice a day at least and three times, if possible, in the approved way.

Regularity enters into the subject of exercise. What is the good of violent outbursts on the tennis courts at hit-or-miss times, or a hike of five or ten miles with every leg muscle rebelling at the abuse? Although all college girls need exercise, they do not get much good from that kind. Exercises can easily be taken in the morning or at night just before retiring. Every girl needs more exercise than just walking. A habit could be easily formed and would be very beneficial to her.

One of the important items a college girl must consider is her clothes. Are they comfortable and just warm enough? Does she make unwise and sudden changes in clothing? The college girl must make her own decisions and try to promote health.

There are habits she must form to protect her health. No girl can have good health if she does not get enough rest. (Too many dates and too many extra curricular activities are bad habits in a sense and college girls must guard against them.)

—Harriet Hudson.

After the college girl has started upon this road of good habits she will be glad, because it will make it easier for her in every way. Habits are powerful, so they should be made good habits for health and happiness.

In all science, error precedes the truth and it is better it should go first than last.—Horace Walpole.

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